

Spiritual Retreat 21st Jan – 24th Jan 2007

Sheikh Ridwan Saleem

Recite wirds with your tongue – you should be able to hear yourself

We are all benefiting from the Hijra of Sheikh Muhammad's grandfather

If you hear a noise don't turn around

Read your notes again, after a day or two

Shadhali wisdoms with Sheikh Muhammad Al-Yaqoubi **Lesson one**

Allah Subhanu wa ta'ala sees you in doing haram and halal

Taqwa isn't to run

There are three levels of Taqwa (piety)

1. Patience upon a calamity
2. Patience from sins
3. Patience on obedience

Abstain from major sins

From the seven most dangerous and the remainder are over two hundred

Read the books on sins from Imam Dahabi but Ibn Hajar al-Hatymi is better

You don't know the impact of sins

Taking riba (interest) is like sleeping with ones parents twenty times

Dawud al-Taihi heard the following: "This is knowledge and where is the action, this is Fiqh where is the action?" He repented and he didn't speak in Abu Hanifas lesson for one year

During the Dajjals time food will be limited, so the food of the Muslims will be in Tasbih (magnifying Allah)

Remember the sinner that came to the Prophet (peace and blessings of Allah be upon him) cured

Looking at women without a Hijab is a major sin, backbiting, tale bearing, thinking badly, and oppressing mates.

It is also major sin, if described as such by the Prophet (peace and blessings of Allah be upon him)

Fear Allah Subhanu wa ta'ala in inclining to the world, its enough that our bodies are in the dunya, let your hearts be with Allah Subhanu wa ta'ala 24-7

Not just in the prayer

Conscience awareness

(People whose) act of the hearts, don't clash with the actions of the hands

Zuhud (abstinence) is not leaving the world, it is not to life in the mountain but to get it out of your heart

Don't incline to the Dunya

Imam Shadhali was asked, how did you get to this station (maqam)? He said by practicing one command, then running from those who don't practice remembrance

When you go to the grave, if you don't have a polished a heart then you won't be able to answer the questions of the angels

What benefits you are your actions

Your book will be opened in front of you.

The angels won't miss a thing

The world runs from you, as you run to it

From a legal perspective, it's a means but don't be attached to it, The giver is Allah Subhanu wa ta'ala

Ibn Ata'llah (may Allah ta'ala show him mercy) said a king has the treasure and the army are tied up and your fear them, even though they are tied up.

In 1992, he saw a woman walking two dogs, they began to fight each other, and she asked him for help. She said, "They are kind." He said, "They look it." A biker came and helped

The dog is busy with you and you are busy with the strap

Why should you beg or fear people

Thank the favours of people

The doer is Allah Subhanu wa ta'ala

Ibn Ata'llah (may Allah ta'ala show him mercy) mentioned three people who are blessed, one of those are people who use the blessings of Allah Subhanu wa Ta'ala in disobedience

This planet belongs to Allah Subhanu wa ta'ala, its ugly that you come to someone's home and you're ungrateful

You're asking for a proof from him, where were you in your childhood, He supported you (all this time)

He doesn't ask you for tomorrows worship but he has already given you provision

You can't pray Zuhur until its time has entered

The real quality of everything other than Allah Subhanu wa ta'ala is non-existence

Can you can see the qualities of sudden situations

A state of non-existence comes before existence

Ibn Ata'llah (may Allah ta'ala show him mercy) don't be happy with a lot of things and you won't be sad, a lot

Why should you be upset over anything in this world, when it's all going to perish?

Look for nothingness

A shopkeeper sold something, when the customer asked about the price, he said nothing. When the customer was about to leave, he said where are you going? I want nothing, they took their dispute to Qadi Juha. He let them argue and then he did something, Juha said give him this book and what's under it, there's nothing under it, take it and go

Everything in the world is a'dm (non-existence)

Allah Subhanu wa ta'ala installed you in his kingdom, the reasons is for reward

The ultimate objective is M'arifa (to know Allah ta'ala)

You can't get to know Allah Subhanu wa ta'ala through the dunya

Its not the amount is the quality

We want to obtain the core of the worship – Khush'u (humility)

Sheikh Ibrahim used to make bed covers, most people would make three covers a day, he would make seven a day. He used to say Ya Allah five thousand times a day, he

was making things but he saw angels and other things as his heart was busy with Allah Subhanu wa ta'ala

The ultimate goal is to know Allah Subhanu wa ta'ala

You rely on the dunya and now you have to rely on Allah Subhanu wa ta'ala

Harm inflicts the outward and the good affects your heart and then you forget about Allah Subhanu wa ta'ala? Allah Subhanu wa ta'ala is the giver

Learn how to take form Allah Subhanu wa ta'ala

We look for our rights to be upheld before the rights of others

Before asking people to treat them well, treat them well

The blame is on you, when the wrong is upon you

You should see the signs of your disobedience in things

Make Allah Subhanu wa ta'ala pleased with you

Obeying your parents is necessary except to honour the Deen

Second lesson

Forty hadith on Dhikr

Persist seeking forgiveness, the Prophet (peace and blessings of Allah be upon him) used to ask for forgiveness – he wasn't flawed. What about the ones who are flawed?

Allah Subhanu wa ta'ala deserves more praise than all creation is doing

Do remember the favours upon you? Remember the sins that are distant from you

Would you want £1,000,000 and you are unable to remember Sura Fatiha?

There is no withholding except that it is for your benefit

Turn to him and don't lose track of the reason for your creation

Remember he (peace and blessings of Allah be upon him) never committed sin

All Prophets (upon them peace) were protected before and after revelation from sin, logically – why? How could they commit sins? Their truth would be meaningless

When the Quran says, what has come before and after is forgiven, this means his (peace and blessings of Allah be upon him) forefathers and his children, they are the ones who are forgiven

They will be purified as the Quran states, on the day of judgement and they will help give the people water from the pool (Hawd) It is said that the Pool will be from Qaba in Jordan to Sana in Yemen

Ibn Ata'llah (may Allah show him mercy) said you have to believe the sin you did, as if it's the last sin

The people of Taqwa (piety) are not affected by the arrows of Satan, if you are repent straight away

There is a seed of faith and it needs to be found and fed

People need reminding of Allah Subhanu wa ta'ala

People will return, we have good direction, they need to feel the sweetness of faith

Get speakers to remind people of Allah Subhanu wa ta'ala

Make someone a good believer and not an angry believer

If you don't know how to swim, you learn, how to swim before you can save others

On a plane (in an emergency) you put your own oxygen mask on before helping others

The people who do sins and don't remember Allah Subhanu wa ta'ala, are in great danger

We do not mock non-Muslims, we present Islam, if they don't like it, and we leave them

Your job is to have mercy upon the sinner

Fear and hope are opposites, like pride and humility

You might mock a sinner and he becomes a Muslim and becomes a scholar

You sin might be your last sin (in your life!)

Some people are one in a thousand and others are thousand like one

Saad ibn Waqas (may Allah show him mercy) asked Umar ibn al-Khattab (may Allah be pleased with him) for reinforcements, Umar sent four men, the where the equivalent of four thousand. Umar said, "I sent you the sword not the hand, it's the hand that strikes the sword."

The Prophet (peace and blessings of Allah be upon him) said, “a Believer should be like a beauty spot for people.”

You should not choose what you want, be like the a piece of hair in the stream

Allah Subhanu wa ta’ala sends us signs, to show you the best thing to do

When you pray Istikhara you should be neutral and don’t incline to either way

Sometimes humility becomes a disease

You Zuhud can be a disease

Ibn Ata’llah (may Allah show them mercy) said If you love fame you are a slave of it. If you love obscurity, you are a slave of it.

The wealth is a trust upon you and if someone asks you give

Act against your self

During Hajj you leave luxuries

Some people are in love with casualness

For some people it’s a punishment to wear an ironed shirt, instead of an unironed one, like what you are used to

Your master has set your schedule in the sacred law

You do Fiqh (jurisprudence) before Haqiqat (reality)

Don’t rely on your knowledge

It’s not about knowledge it’s about practice

Your job is to struggle for promotion, but it’s not down to you (getting promoted)

There is a book which every space on the chessboard has a station; you don’t do something before the next one. The Chess of the Gnostics by Abdul wahab Al-Sharani

Obtaining stations in order is important

Don’t go to extremes in leaving the world like leaving your job, children

The Hal (state) is for the learner not for the teacher

The people of states are not spiritual guides, they are not to be followed

You cannot get Allah Subhanu wa ta’ala unless you are unattached to his wealth

Don't listen to people who ask you to serve your future, your future can only be served by Allah Subhanu wa ta'ala

Caliph Umar ibn Abdul aziz (may Allah show him mercy) died and he has eighteen dinars, five paid for bread and four for a sword and the remainder was nine dinars, his inheritance. Someone said that they saw one of offspring give away 1000 horses in a day

When Suleman ibn Malik (Umayyad) died each of his wives got 80,000 dinars in cash not counting property – one of his offspring was seen begging

Umar ibn Abdul aziz had the best insurance policy that covered his children and grand children

Nothing is too late for you to compensate

Imam Shadhali (may Allah be pleased with him) said, "If you are given cold water and warm water. Drink the cold water as the praise will be from the depths of your heart."

There was a man who became Muslim went to Mauritania to study and was given the strictest rules, he couldn't take it and he left Islam.

Third lesson

Forty hadith on Dhikr

Juhood (struggle) is easy when you have a lot, it harder when you have less

Giving takes struggle

Giving is easy for rich people

If you want Allah Subhanu wa ta'ala to be generous to you then spend

Uthman ibn Affan (may Allah be pleased with him) had left gold behind they had to use axes to break it up (Hijra?)

If there is a more needy person than yourself then pass on your gift

A scholar once gave a piece of cloth to a poor person, then a rich man came and gave ten pieces to the son. Who thought he could keep one, when the scholar found out and he got the money, he asked. "Where is the tenth piece?"

Pardon people who trespass you

Never take revenge or remind them of the favour

If you pardon your enemies, what about your friends?
If you are going to blame your brother, then don't be his friend

Be with the people and pardon their sins

Turn a blind eye to their bad manners

Tasawwaf is to have beautiful traits

Have patience upon a calamity. Who are you going to complain to? And who are you complaining about? Allah?

Complaining is not a feature of the believer

When you are angry don't make a decision. When you are angry, you are overwhelmed, you're mind is blocked

You are angry because people cannot understand the divine decree, relax, think, reflect, plan

Nothing has the energy to last on his own, you need Allah Subhanu wa ta'ala every second, every breath. You cannot be sound without a succession of blessings upon you

You can't hide the facts

People are studying NLP – everything has energy in it

They want Islam to be modern

Everything will end except Allah Subhanu wa ta'ala

You have to be in need of Allah Subhanu wa ta'ala in every state

Your child is a trust from Allah Subhanu wa ta'ala – which he can take back, anytime

If you think you are okay – you are not

Ibn Ata'llah (may Allah be pleased with him) said the origin of every sin, every desire is neglectful and happiness of the self

It's better to be with a normal man rather than an ignorant scholar

You can make up for every action, but not the time

Imam Shadhali went looking for the Qutb, who was in his country

Give up all your claims

We ask students to leave chat rooms

A companion used to feel at his best whenever he was with the Prophet (peace and blessings be upon him)

Fourth lesson Al-Hikam

The good and the beautiful are directed in the sacred law

The Prophet (peace and blessings be upon him) said, “Fear the insight of the believer, as truly he sees with a light of God.”

If you leave a text, beware of the reason. When will you stop?

The rulings may change, according to the time but the ruling doesn't change

There's no need for legal stressing, when there is a text

Like a red light, can you cross it at night when no one is there

The sacred law governs everything

Sidi Ahmed Al-Zurruq (may Allah show him mercy) said in the foundations of Sufism, “A Sufi cannot judge a jurist but a jurist can judge a Sufi.”

Junaid al-Baghdadi (may Allah show him mercy) said that Tasawwaf is governed by the Quran and Sunna

Go in silently and leave silently

Imam Shafi (may Allah show him mercy) said If you give knowledge to the people who cannot understand it, you waste and if you withhold then you have oppressed them. – (From the people who understand it)

“Fa'il and Maful bi” means husband and wife. The meaning is outside the grammar

If you turn away from what is easy, you may turn from it completely

When Allah Subhanu wa ta'ala gives the world, he gives what's worthless and cursed

It's amazing that people are pulled to Janat with chains

There was a woman called Hujjar who used to live at the end of the lane (Damascus?) who used to teach children the basics of Islam

Read characteristics and patience of the scholars by Abu Fatah Al-Guda

If you want to learn get a one-way ticket

Try something once and see the result, this will indicate to its success

Be thankful if he made your choice, his

Finishing is difficult

We live in this world and it's difficult without a guide

The case of the world is like a traveller who wants to stay at the service station and not to continue their journey

If people commit sins in Ramadan, it's from their own Naafs, satan is not to blame

Satan came to Junaid Al-Baghdadi and served him for thirteen years. He couldn't find a way deviate him, he said, "I have served you for thirteen years and I couldn't find a weakness. Junaid said, "I knew you were satan, I wanted to humiliate you."

You should be ashamed if you are praised, because Allah Subhanu wa ta'ala gave you what they are praising you for

Any good is from Allah Subhanu wa ta'ala, a blessing

Abu Bakr (may Allah ta'ala be pleased with him) said, "May Allah make me better than they think, forgive me and realise me in what they say."

Tasawwaf is built on the following Sunna, O Allah guide my people from what they don't know

Knowledge is a precious piece of jewellery

Do you get upset when you commit a sin? You should feel the remorse, the guilt

Get rid of sins that you have asked forgiveness for

If you have a son that obey you and then disobeys you once, it's a refusal of the action, the refusal of the divine order

If there is something with Allah Subhanu wa ta'ala on a paper – pick it up

The wrath of Allah Subhanu wa ta'ala may be hidden in something small

If we look at unrighteous servants, it's with mercy

One of the advanced students of the women, told a sister to pick up a pen that was on the floor, she was teaching her Adab. The sister knew her before she wore Hijab and now she is teaching

Read the book of major sins and know the ugliness of sins

When you find constriction then make salat on the Prophet (peace and blessings of Allah be upon him)

If people find constriction then turn to Allah Subhanu wa ta'ala - it may be a lesson for you

Don't ask people to honour you and don't look at your rights, look at your duties

Expression can be objection

Grandmothers hold children and say Haram

A Qadi can't judge when he gets angry

The impact of sins may not be removed that easily

When performing Dhikr, wear clean clothes, nice clothes and apply perfume

There are two types of purification, inwardly (Tawba - repentance) and outward (Tahara – purification from filth)

Sheikh Ibrahim was taught Alchemy by Sheikh Ismail. When he perfected the Elixir and needed some money, his father told him to put it in the garage. "Do you want knowledge or gold?" Sheikh Ibrahim wanted knowledge and threw it away, this was a test

The greatest Alchemy is turning the darkness of the heart into gold

Sheikh Ismail was asked to teach someone Alchemy, he asked the man for a key, he and Sheikh Makki blew on it and the key turned into gold.

Empty your heart of everything except Allah Subhanu wa ta'ala

Interest in miracles means you are slave of it

Don't aspire to have more than what you have

Be happy with what you get

Miracles will not occur until they occur in your self

Disrupt yourself and the "norms" of nature will be disrupted

If you want to be connected to the truth, discount yourself

You see Allah Subhanu wa ta'ala as the actor

When you get up for prayer when hearing "come to prayer" say "there is no might or power except by Allah." Because you don't stand up by your strength it's by Allah Subhanu wa ta'ala

Most of the hadiths are based on a single narration, one trustworthy narrator

Are you only able to shout at your wife?

You look at your watch and know that there's a creator

Isn't it strange that a created being are informing about Allah Subhanu wa ta'ala. Just look at the sun, are you blind?

His (Subhanu wa ta'ala) presence is self-evident. Why does it need explaining?

The Jews killed seventy Prophets in one day

A messenger brings a new message

A Prophet backs up the previous messenger

Some people make salat on him (peace and blessings be upon him) and see him in front of him

The soul was written before Ibn Qayum rejected Tasawwaf

The Prophet (peace and blessing be upon him) saw the dreams of the companions as proof – when seeking out the night of power

The hadith, "The one who knows himself knows his Lord." Ibn Arabi says this is a hadith according to Kashaf (discovery)

It has been attributed to Ali (may Allah Subhanu wa ta'ala)

Sheikh Ahmed Abdul Barr used to correct scholars even though he was blind, he could see the light that came from them. He did not see it with his eyesight, he say it with his insight.

Five and final session Al-Hikam

Naafs is a factuality that lives in the body – earthly

The Naafs is a precious jewel

The laws of physics do not apply

Light can penetrate sleep but not walls

Spirits do not have these laws

Humans are made from four elements

Fire – Jinn-i

Air – joking(?)

Earth – stupid

Water – disease

Muslims doctors seek to redress the balance and make the soul light

The Naafs gets pleasure from earthly food

Ibn Arabi said the soul can have the body with a thread of a connection, it can be up to six months

Reduce the intake of food

More Dhikr, more silence

We need to tell you about the heights, so you know where you are

The first job is to crush your Naafs

Imam Ghazali (may Allah show him mercy) said, “Disobey your Naafs and satan, your Naafs is like a baby.”

It’s only in the first two years that the baby drinks milk

Discipline your Naafs until you are in control of it

Know your self weakness, know its strength

The companions (may Allah ta’ala be pleased with them) were taken gradually

There was a woman who wanted to see the Prophets grave (peace and blessings be upon him), when Aisha (may Allah ta’ala be pleased with her) removed the veil and she cried out and fell down dead. She couldn’t take the Prophetic light

The best way to lose weight is to do with Dhikr – women are interested in losing weight, interest in their men losing weight

Doing dhikr detracts you from the world

In the Hammam (public baths) there are three rooms each one hotter than the last
First room some steam, second room more steam and third room steam. This is a gradual process

You obtain according to your struggle

Inflicting pain on your body is not the goal

Your wife is not your cook

She doesn't have to cook by the sacred law but if she does you should be grateful

Young people want to be served like babies

When a sin occurs it affects your insight

There was 30,000 in the battle of Junain, the enemy had a grain of salt in their eyes after the Prophet (peace and blessings be upon him) threw a handful of sand at them

The teacher of Imam Shafi teacher told him knowledge doesn't come to a sinner

Be content with your income

Sheikh Ibrahim helped gambler to repent but refused to eat anything there

Imam al-Harramy's father used to make him puke up food that he had ate with a suppressor's income. He used to think he was slow in debate because of this

People do not warn people of Allah Subhanu wa ta'ala and this is not correct

There is a discussion on deenport, I don't want anyone to defend me, anyone who loves me shouldn't defend me

A scholar has been mentioned due to his involvement in dialogue

There is a weak hadith that states the Ahl Al-Bayt shouldn't stand for anyone

Women shouldn't sing on stage

If there were any good in the radical middle way project, I would be there

Don't side with the oppressors or non-Muslims

Sidi Ahmed Al-Zarruq said there are over two thousand definitions of Tasawwaf

Removal of pleasures and passions is loving to meet Allah Subhanu wa ta'ala

You should be ready to meet him

The Inland Revenue could come at anytime and check your books – you should be ready for them

Wishing for obedience is not a sin

Awra ibn Zubair had an illness in his leg – his leg had to be amputated. He started his prayer and they cut it off and they applied hot oil and this brought him out, he fell ill

Excitement can make you forget pain

Umar ibn Khattab (may Allah be pleased with him) was stabbed they gave him milk to see if the wound had got into the liver. It came out of his liver and they got Bilal to call out the prayer. Umar came around and said, "What happened to the prayer?"

Some people don't know they are wali's because they are too close

They have to be at a moderate distance, to tell

One thing can erase all your good works, do not refuse the order of Allah Subhanu wa ta'ala

When you are going through difficult times, then visit orphanages and hospitals

Satan makes you think badly about Allah Subhanu wa ta'ala

We can talk to disbelievers if they don't believe, then we leave them

The real paradise is the vision of Allah Subhanu wa ta'ala not the physical things there

If you misbehave in the palace, it is different from misbehaving outside the palace

Ibrahim ibn Adham (may Allah ta'ala be pleased with him) was a great wali after his repentance

If you claim things before you are given then they will be taken from you

I try not to say no to anyone

He gave an expensive subah and he was given an expensive subah. He gave a bottle of perfume and he was given the same perfume as a gift. The person didn't know how expensive it was

Love your voice in Quranic recitation

Imam Malik was told that some people like the Muwatta and others dislike it, he said that is the truth

Q-news are destroying the reputation of the scholars

The sign of the truth is that you have enemies and then unrighteous Muslims

The Prophets (upon them all peace) were never weak, when harm touched them

When you are touched by evil – you carry on

You cannot be a wali until gold, dust, praise and blame are the same to you

If you want Dunya then do not get it out of the Deen

Your goal is Allah Subhanu wa ta'ala

Be ready for test and trails

Rumi travelled around the world and knocked on a door, the owner asked who is it? He said, "Me." "There is no one called me go back." He went around the world and then came back he knocked again. "Who is it?" "You." His Naafs was gone

The best of the Awilya cannot be compared to the Prophets (upon them all peace)

You can have knowledge in your heart and it benefits you unless you use it for the Dunya

A scholar said, "It is not a matter of eloquence it's a matter of practice."

The organisers are not organiser – they are students

My father is the source of the good that you have received